



Town of Braintree
Department of Elder Affairs
71 Cleveland Avenue, Braintree, MA 02184
Hours: 8:30 AM– 4:30 PM

April, 2023

“Live, Learn, Laugh and Be Happy”

Mayor Charles Kokoros

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Michelle Metro: Volunteer/Activities Coordinator

Therese Jarrett: Services Coordinator

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.braintreema.gov

For everyone's safety, we encourage you to wear masks for all Events and Activities

Please note you may sign up for all activities on or after Monday, April 3rd, after 9:30 am

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding Braintree Residence take preference

Greetings Everyone and Happy Spring,

We all survived the winter and now, let us look forward to the crocuses peeking from the ground and the tulips blossoming. We have quite an array of activities and programs coming up and we would love to see you come and enjoy them.

Many of you may know that I was away for five weeks. After three years (because of COVID) I went back to my parents' house in India. They are not here anymore but going back to that house makes me feel that I am with them once again. This trip also made me face the sad part of life. There were several members of my family and friends who had passed away, some very unexpectedly. This was heart breaking, but it made me realize that life is unpredictable. My mind goes back several years and I remember the huge crowd that greeted me when I came to the airport and then the constant flow of people in my parents' house bringing me food or just coming in just to say "hi!" This time, it felt so empty. I guess no one can hold on to only the good things in life.

Since I went back to the house after three years, it needed some heavy duty cleaning. Once the house returned to a fairly decent shape, I decided to travel to a few places, which included big cities and small towns. The most memorable was staying at a cottage in a village in the heart of the Himalayas. This was a village with solar power, internet and all the other basic necessities that we the urban people need. It was an incredible experience. We were surrounded by mountains and trees, birds of different feathers singing their own tune and the blue sky over us during the day which radiantly lit up at night. A family who lived close to the cottage, cooked us food with the fresh vegetables they grew and also gave us fresh milk from their own cow. Leaving that serene corner of the world was hard, but every good thing has to come to an end.

Now I am back. I came back on the day we had the Irish boiled dinner and the entertainment. Seeing all of you smiling and having fun, made me feel that I had never left. Glad to be back at 71 Cleveland Avenue. Stay well.

Sharmila

April Luncheon

Date: April 20

Time: 12-Noon

Where: 71 Cleveland Ave

Enjoy a Traditional Ham Dinner

Cost: \$7 per person



Special Note:

**Please buy your tickets at the front desk starting from
Monday April 10**

Bereavement Support Group Postponed

A Six Weeks Session of Bereavement Support Group was going to be held from April 10th to May 22nd. Old Colony Hospice would have conducted this important group.

Unfortunately, this six weeks session had to be postponed and we are planning to hold it around September or October, right before the Holiday Season. Thank you for your patience and understanding.

Alzheimer's Support Group

Tuesday, April, 25

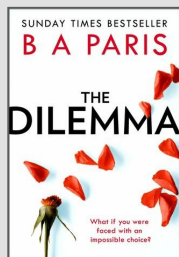
4 PM

Please join us for an informal meeting

Please call 781-848-1963 to let us know if you are coming.

Book Club Book

Friday April 21 @ 10:30 a.m.



Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM

Return time between: 11:30 AM to 12:00 PM

Tuesday , April 4— Shaw's

Tuesday , April 11—Stop & Shop

Tuesday , April 18—Shaw's

Tuesday , April 25—Stop & Shop

Special Shopping Trip: April 14th,
Target

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express

- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles

- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes

- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group

- **TRIAD:** senior safety

- **SHINE:** health insurance counseling; **please call for an appointment**

- **Ask the lawyer:** free consultations;
please call for an appointment

- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**

Fun Movie Friday

Date: Every Friday

Time: 1:00 PM

Where: 71 Cleveland Ave

\$1.00 per person

Movies all month long

Movies listed on Calendar



Coffee & Conversation

Every Friday

11:30 AM

Come one come all...

**For some Coffee and
Conversation**

**Come discuss any topic from
Current Events to new Recipes
and everything in between.
Coffee and Pastries served**

May Trip

Twin Rivers Casino Trip

Date: May 16

Departure: 10:00 AM from 71 Cleveland Ave

Try your luck and check out Twin River Casino

Return Trip Departs: 2:30 PM

No cost, just bring your spending money. Many lunch options offered at the food court.



Please come in to Sign up on or after 9:30 am on April 10th

Upcoming Trips

Date: June 28

Where: Cape Cod Railroad Lunch Train

Travel back in time and enjoy and Elegant Lunch aboard the Cape Cod Railroad



Details to follow in the May newsletter.

Thanks to our AARP Tax Aide Volunteers

As the tax season comes to an end, Braintree Elder Affairs extends it's heartfelt gratitude to all the Volunteers. Thank you for taking the time off from your already busy schedules to help our Older Adults prepare their taxes. This year we faced a lot of hurdles, but thanks to you, people got their taxes done.

A heartfelt thanks to Peter Perchulis, James Hepburn and Betty McCorkle. A special thanks to John Thompson for agreeing to take on the responsibility as our Center's Local Coordinator, at the very last moment. THANK YOU!

FROM THE CHAIRMAN

We were lucky to miss the worst of the recent snowstorm. Spring is right around the corner and let's hope it brings some nice warm weather.

The Bruins have been looking fantastic and they are the first team to win 50 games this early in the season. With any luck they will be able to continue their success in the playoffs and bring home another

Stanley Cup. The Celtics are playing good basketball, but need to be a little more consistent. If the players have less injuries, they should be ready for the playoffs. The Red Sox team should play around 500 baseball from the way they look at spring training. They still need to work on a stronger pitching selection.

Hope you had an enjoyable St Patrick's Day. Unfortunately, I was not able to celebrate as much as I would like due to my leg injury. I am happy to be on the mend. The St. Patrick's Day events in March were bigger and better than ever. Now onto more fun events and trips this April and May...details of events listed in this newsletter.

Hank Joyce

Grandparents and Grandchildren Day




Tuesday, April 18th at 11 AM

**Stamp Dedication and
Make your own Sundae**



George Kippenhan, Greater Boston Postal Customer Council Administrator and USPS Supervisor of Customer Service Support for Joshua Balcunas, Postmaster of Boston, travels and presents to people of different ages, speaks about the value of letter writing/written communication. It is a very fun and entertaining program where we have an open dialogue about the power of mail. George shares stories about kids who received thousands of cards in the hospital when they were sick...Veterans whose lone communication to home were letters while they were stationed overseas...keeping in touch with friends by sending a personal letter or card rather than a text or email. At the end of the presentation, a new stamp will be dedicated to the Center. The new Tulip stamp that is coming out in April. **Followed by Make your own Sundae!**

Please call 781 848 1963 to sign up for this fun event please call 781-848-1963

MONDAY	TUESDAY	WEDNESDAY
3 9:30am– Cardio and flexibility with Mary 10:30 –Walking Group weather permitting 11:00-Men’s Coffee Hour 12:00 Pool Players	4 Shopping Shuttle-See Page 4 10:00– Low Vision Group 10:00 am– Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 1:00-Game Time	5 Shine Counselor(By appt. only) 9:30am– Cardio and flexibility with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players 1:00-Bingo
10 9:30am– Cardio and flexibility with Mary 10:30 –Walking Group weather permitting 11:00-Men’s Coffee Hour 12:00 Pool Players	11 Shopping Shuttle-See Page 4 10:00 am– Balance with Bob Cobbett 10:00-12 Rummikub 11:00: Easter Trivia Hosted by Life Community Church 12:30 Cribbage 1:00-Game Time	12 Shine Counselor (by appt. only) 9:30am– Cardio and flexibility with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players
17 Closed 	18 Shopping Shuttle-See Page 4 10:00 am– Balance with Bob Cobbett 10:00-12 Rummikub 11:00 Stamp Dedication/ Ice Cream Sundae party Bring your Grandchild 12:30 Cribbage 1:00-Game Time	19 Shine Counselor (by appt. Only) 9:30am– Cardio and flexibility with Mary 10am-Elder Affairs programs on BCAM 10:30-Canasta 11:00 AM-Asian Outreach 11:00 A.M. Pepe Winshow 12:00 Pool Players 1:00-Bingo 1:00 No Hearing Testing by appt. only
24 9:30am– Cardio and flexibility with Mary 10:30 Blood Pressure Clinic 10:30 –Walking Group weather permitting 11:00-Men’s Coffee Hour 12:00 Pool Players	25 Shopping Shuttle-See Page 4 10:00 am– Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 1:00 Game Time	26 Shine Counselor (by appt. only) 9:30 am-Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players

THURSDAY

FRIDAY

6
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 11:30-Quilting
 1:00 PM Knitting

13
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 10:00– Photography
 11:30-Quilting
 SHINE training
 1:00 PM Knitting

20
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 11:30– Quilting
 12:00-Monthly Luncheon
 1:00 Knitting

27
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 10:00– Photography
 11:30– Quilting
 1:00 Knitting

7
 9:00am– Tai Chi with Peggy
 10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
10:30-12 Painting with Barbara
 11:15 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
 12:00 Pool Players
1:00– Fun Movie Friday-”Mrs. Harris Goes to Paris”

14
 9:00am– Tai Chi with Peggy
9:30: Special Shopping –Target
 10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
10:30-12 Painting with Barbara
11:30am-Coffee and Conversations
 11:15am Chair Yoga with Sue
 (note time change)
 12:00 Pool Players
1:00– Fun Movie Friday--”Everything Everywhere All at Once” Academy Award Winner

21
 9:00am– Tai Chi with Peggy
9 AM SPA, Ladies of Leisure
Manicure and Pedicure, please call to book appt.
10:10 AM-Muscles, Moves & Belly Laughs
 10am-Elder Affairs programs on BCAM
10:30-12 Painting with Barbara
11:30am-Coffee and Conversations
 10:30 Book Club
 11:15– Chair Yoga with Sue
 12:00 Pool Players
 12:30 Ask the Lawyer
 12:30Fun Movie Friday—**Viewers Choice**

28
 9:00am– Tai Chi with Peggy
 10am-Elder Affairs programs on BCAM
10:30-12 Painting with Barbara
 11:15– Chair Yoga with Sue
 11:30-Coffee & Conversation
 12:00 Pool Players
 12:30– **Pizza & a movie “Elvis”**

Care Giver Respite

Braintree Elder Affairs *has been fortunate to receive a grant with limited funding through the Massachusetts Council on Aging.* This money will solely be used to provide some temporary relief to individuals, taking care of a loved one, who is afflicted with Alzheimer's disease.

Often caregivers are exhausted with their daily life of caregiving which can also be stressful and unfortunately, they do this without any break or relief. Understandably relief is hard to avail, because many times friends or family are not available and sometimes it is unaffordable to take a break. With funding received through the mini grant, Elder Affairs is hoping to provide some relief to a person taking care of a loved one who has dementia.

If you are a Braintree resident and taking care of your loved one and need a one time relief, please call 781-848-1963 and ask for Sharmila. If you match our criteria and need a break from the daily stress of caregiving, perhaps we can help.



Understanding Alzheimer's

Braintree Elder Affairs was fortunate to receive a Title IIIB grant from South Shore Elder Services. Today there are 6 million people afflicted with that disease. There is a need for everyone in the community to understand the signs and the symptoms of the disease. Learning about this disease will give everyone an opportunity to have an insight of what this disease can do to a human brain and then also understand the behavior that accompanies with it.

We are hoping to hold educational trainings and discussions for the community during Summer and Fall of 2023. Please look for information in our newsletter.

Trivia with Life Community Church

Back by Popular Demand!

John and Danielle with Life Community Church

Date: April 11

Time: 11:00 am

Where: 71 Cleveland Ave

Please call to sign up on or after April 3rd @9:30 a.m.



Protect Your Brain and Your Memory As We Age

When: April 19

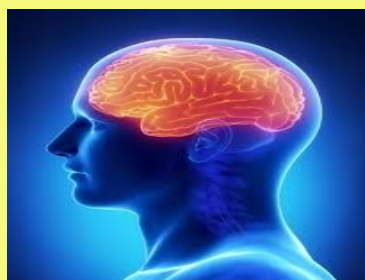
Time: 11 AM

Presenter: Peipei Winshaw, PhD

Founder, Chief Scientist and President of Interceuticals

Dr. Winshaw will be sharing her personal story about how hard it is when a loved one has age related memory loss. She will discuss her passion about protecting Brain Health and Memory and what she has discovered gives her hope.

Please call 781 848 1963 to sign up for this interesting program



Outreach

We hope you are enjoying the Spring so far. We would like to remind you of two programs we offer for those who do not drive and are homebound:

FRIENDLY VISITOR PROGRAM



Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. If you or anyone you know could benefit from this program, please call the Outreach Office at 781-848-1963.

LIBRARY EXPRESS PROGRAM



The Library Express Program is a service designed for residents of Braintree who are unable to leave their homes due to a health or social service issue that lasts twelve weeks or more. It is a partnership between the Braintree Department of Elder Affairs, Thayer Public Library and Friends of Thayer Public Library. We offer a biweekly delivery of library materials with a limit of five items per visit. Our Outreach Worker picks up the materials at the library, delivers them to your home, and returns the ones from the prior visit to the library. If you or anyone you know could benefit from this service, please give us a call at 781-848-1963.

Coming in May...

Try your luck at Braintree Elder Affairs version of the Derby...

Kentucky Derby Fun and Games-Prizes will be won

Date: May 5th

Time: 1:00 PM

Wear you best Derby Style Hat

Call to Sign up on or after 9:30 on April 10th



Painting with Barbara Wilson

An Acrylic painting workshop will be offered Fridays in April (7th,14th,21st,28th) 10:30 -12 noon.

An ocean scene with sailboat and early sunset sky will be the inspiration used for the painting.

You are encouraged to bring your own photo for a personal approach to the workshop.

Bring acrylics, brushes, and a canvas board.

Cost: 25.00

Instructor: Barb Wilson



If interested, please come to 71 Cleveland Ave to sign up and pay A.S.A.P.

Recycle

Reminder of change in curbside trash/recycling collection for Braintree residents regarding disposal of mattresses and box springs...Due to new regulations from the MA Dept. of Environmental Protection, municipalities are no longer permitted to include mattresses and box springs as part of trash collection. Those items will now be collected by a separate truck so that their components can be recycled by a mattress recycling facility. Residents simply call Sunrise Scavenger (617-361-8000) a couple of days prior to their normal collection day to schedule pickup, which is the same procedure that residents use for disposal of appliances. **Information on all curbside & Recycling Center services:** www.braintreema.gov/recycling

The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org. Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who support Elder Affairs.

Low Vision Group Spring Fling

Date: April 4 @ 10:00 a.m.

Where: 71 Cleveland Ave

Join us for pastries, coffee and fun and useful information

Speaker: Alan White



MassHealth Eligibility Redetermination



In March 2020, the federal government declared a public health emergency (PHE) due to the Covid-19 pandemic. In response to the PHE and consistent with federal continuous coverage requirements, MassHealth put protections in place that prevented members' MassHealth coverage ending during the COVID-19 emergency.

The Federal government has decided to end the continuous coverage requirements. In response to this decision, MassHealth will return to their standard annual eligibility renewal process. Starting April 1, 2023, all current MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months.

Mass Health will mail you information about your health benefit that may require you to take action to keep your current coverage. Look out for a blue envelope in the mail and make note of the important deadlines.

What you should do now:

- *Make sure MassHealth has your most up to date address, phone number and email so you do not miss important information and notices from MassHealth.

- *Report any household changes to Mass Health.

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation - both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

Braintree Dept. of Elder Affairs ~ 2023 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Cathy Munroe, Recording Secretary

Lucille Barton
Jane Fogg
Tim Burke

Lee Dingee
June Newman
Connie Mattina

St. Patrick's Day Fun with "Twice as Nice"

